



Northeast and Caribbean (HHS Region 2)

MHTTC

Mental Health Technology Transfer Center Network

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Flourishing at Work: A Plan for Helping Professionals

Podcast Series

Transcript – Welcome Episode

Two years ago I was in Hong Kong with my family for the trip of a lifetime. It was amazing and I loved every moment of it. We immediately started imagining our next big trip. But, only three months later we entered lockdown and we barely left our house for months.

It has been a very hard transition for all of us, especially those of us who have lost family, friends and people we support. It has become a time of concern, sadness and loss.

I've been thinking a lot about how we can keep ourselves afloat and even remember to find enjoyment and lightness in these difficult times, so that we can go beyond surviving each day to thrive and flourish despite the changing times.

Welcome to this series of brief podcasts about flourishing and building your resilience at work. I am so glad that you chose to be with us today on this journey. My name is Michelle Zechner and I've been helping others to improve their lives, and using daily strategies to improve my resilience and wellness for more than a decade.

On this podcast I'll also be joined by my co-host Tony Zipple who is a leader in positive psychology and has decades of experience inspiring organizations and people to embrace their strengths and recover from their difficulties.

Why is this topic important and why are we involved? Those are great questions. You are doing the hard work of helping others every day to be and feel their best, even when you face your own challenges, even during a pandemic! Right now behavioral and physical health care, education, and other helping professions have gotten even more challenging. When we are not at our best, it's a lot harder to deliver good services and supports to those we help.

This series, Flourishing at Work: A Plan for Helping Professionals, is 6 podcasts to help you identify what you need to flourish each day and build your own plan for resilience. These podcasts are a companion to 6 one hour webinars. The content is related, but not identical so we hope you will check out both the podcasts and the webinars on our website at <http://www.mhttcnetwork.org> and click on *Your MHTTC* and select *Northeast and Caribbean*.

We welcome all helping professionals and anyone who feels they could use a little extra support right now. So if you are burned out, tired, overworked, or having more trouble connecting with the people you help than you used to, then please tune in for more. We'll move through several topics to help you reconnect and flourish. If you're feeling good already that's great you can use this time to continue on your path and maybe even feel 10 % better.

I'm really looking forward to our journey together! Thanks for listening and I am grateful for the important work you're doing. Remember to make time for some self care today, you matter. Be sure to like and subscribe this podcast series wherever you get your podcasts.

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